

Maclean's

Canada's National Magazine

5¢
a copy

TORONTO
MARCH 15
1 9 4 2

SPECIAL NAVY NUMBER

THE STORY OF
CANADA'S FIGHTING
SHIPS AND MEN

with

12-PAGE PICTORIAL
SECTION



With harpoon and line, he goes on guard. The photo by Louis Guay. © Canadian, R.C.N. 1942

"Come on folks—
we're putting on
the RITZ

SHIP *Talk*

Adelt—Sharp without lower.
 Adelt—Dent at inside.
 Andrew Miller—Royal Wary.
 Dusk—Last letter a two on the
 back of a lower column.

Dagon Furrows.
 Holly rubbers—Yrissallag smooch.
 Blackberries—Yrissallag
 (Holly of Holly)—A Yrissallag.
 Dagon wars—Green's yammers who,
 on conspiring their first yammers,
 talk largely of what they have
 done.

Jag - Coon.
 Battered up - Flashed, all scope
 Batten your flag - Stop talking. Keep
 your mouth shut.
 Basting Tissue - Squidman
 Blue light - Vietnam gunner
 Buck - Sheep
 Lique - Carpenter
 Orange juice - Midshipman

Chad Butler — Chief, Pennsylvania State
Chlorine-bromine—Bakers.
Chlorine-Noble—The galaxy tunnel.
Cody Navy—Royal Canadian Naval
Darius — "Let me off" at "down"
(from Houdini)
Darius — "Let me off" at "down"
(from Houdini)

Dark (or Drunk)—The less
Every ship its own flag flies—
Each ship has its own individual
characteristics and pet methods
for accomplishing different things
Flaked out—Sleep
Flag—Corruption, evil intent,
Fruity Advice—Canned beer

Get my head down—Sleep
Grog—Grog woke after it has been
 washed down
Guns—The Gunners office
Get cracking—"Get on with the job!"
 — show speed
Giddy—Cup
Gun history—Ordinance web form.
Have a look-see—Investigate

Jap. — Voluntary recruits. Not as
 meaning as it sounds. In the first
 war the Y En were known as the
 "Wasp Navy." At the beginning
 of a war of aggression, the navy

Army Doctor—Paul Lindquist.
Jump-Inch—Cooper.
Let's-Go!—Forlaking assistant.
Up—Conce.
Up—Shup.
Killer—A leading assassin, no longer.

Silvery eucalypt – derived name given the leaves detached to taste ‘silvery raw’ (man wān leavē) where
Larays = English Swamin (from
‘lars-*silvers*) because Royal Navy

was the first to introduce home-grown
cucumbers as garnishes for soups)
leaves back the hot sauce—Korean
like others' isn't? Weak.
Miles and miles... One more dish

From the 1950s, when seasons were allowed different times to make sure a lot of new meat could come.

Malen River - Bayonet
Mazrati - Swallow
Meli - Hammer
Molbi - Harpoon
Nadun One - First Landward

- **And standards—**Stark.
- **Old Man—**Chaplin.
- **Yes. Bread (from French press)**
- **For job—**Furnace.
- **Back the world—**Stop arguing.
- **First (May)—**Chaplin.
- **Phil—**Managing Officer.
- **F-F** makes. Permanent term personal.

Pigeons—Army men
 Pines—Jail
 Pin—Tie
 Poshers—Wallpaper — Sick Death
 (Meredith)
 Potholes—Road, top-notch (Hudson-
 ton)
 Pouter's sticks—Navy boots
 Pouter's stick—Noble
 Pouter's—Navy boots, also handle, boots

Knock or Bone Knocker—Medical
informer
Kicker—R.O.N. Reserve
Knobby—Shoemaker
Knock bag A bag in which articles
of personal gear left lying around
on deck are placed by the knocker.
A small line is generally attached

when they are returned by their
owners. In earlier days the line
was a bar of soap, used in turn for
washing clothes.

Stretch all the land—Sleep
low it—Stop talking keep your
mouth shut

Ready—Cook
landly—Melodrama's

markers—Wireless telegraphists
 there a leg—Get up
 the best square—Museum business
 ignore the main street—An \$12.75
 may mean
 but a over the yard arm—Barrister
 do have a drink,
 seven taller—Cup of tea
 Fidelity—Lanes street. A woman
 who has a modern mode to move

[illegible]

Corps - Directorate
 Troops - Staff Company
 Corp - Staff - B C N Volunteer
 Reserve
 Accoun - handled - Corp - typed
 signature
 * * * * *

IT HAS TO BE

This *before* This



PRODUCTION FOR VICTORY COMES FIRST!

Now is a time of action...there is no place for halfway measures. Our peace-time activities weigh lightly in the balance against a war effort that has our very way of living at stake. We at Northern Electric—as an organization, and as individuals, are throwing our full weight into the supplying of materials of war—turning our pre-war experience into war-time accomplishments.

Electrical equipment is absolutely vital to the age-to-second action of modern warfare. The keener leadership—the bravest and best trained forces—must have dependable equipment for effective action. Therefore, since the earliest days of the War, the resurgence of Northern Electric—engineering and manufacturing—have been thrown into production of such equipment for the armed forces.



WORKING FOR VICTORY AND SAYING FOR VICTORY Pictured at the left is P. J. King, a skilled steel fabricator, who has been with us for many years. He's one of the thousands of us working for Victory through all our War Effort and—Selling for Victory through contributions and regular purchases of War Savings Certificates.



Northern Electric
COMPANY LIMITED

THIS IS WHAT WE THINK



More work. After a few days, the working job and stress.

To Canada's Navy

"Hon. Anne Macdonald, Minister for Naval Services, reports to us that the H.M.C.S. *Albatross*, a reserve, has been sunk by enemy action. All five officers and fifty-two of the sixty ratings are missing and must be considered lost. The rest of the crew have been released."

THE announcement comes from Ottawa as the annual Navy Number of Maclean's goes to press. It is not the first of its kind. It will not be the last. The steadily late at the service lengthen the spread of our approach to news. It is part of the great chapter in a nation's history. But that chapter is one of darkness and loss of souls—of jobs will do.

In the pages that follow, we attempt to make 50 queries on the progress of the first story of our Navy. They show that there is a real achievement that remains Canadian pride.

The Royal Canadian Navy is but thirty-two years old. It started with two men, the Duke and Duchess, who remained in Halifax, the other in England, and a handful of men.

At the outbreak of the war, it had some fifty vessels of all types, and a personnel numbering about 1,800.

Today it has more than 300 ships of all types, some 38,000 officers and men.

It has performed many tasks quietly and efficiently. The biggest has been that of helping to conquer more than 6,000 miles of sea across the Atlantic, ships being sent, 10,000,000 tons of goods.

It has also acted as a lot of arms. And it has upheld the tradition of the tradition of the Royal Navy.

They are old traditions. The history of the British Navy started in the reign of Richard I, first king of England, 1,189 years ago.

It was ended when the ship of Alfred the Great, the first King's Ship, defeated the Vikings when under the threat of Norman invasion, every ship to England was called on to provide ships in preparation to do so and work, when around closed themselves up, at sea, in the middle of the sea, when the first steam destroyer was built in 1820, the first destroyer in 1903. The first ship of the name—Anna, Harris, Rodney, Wood, Jewell, Culpeper, Nelson, Jellicoe, Beatty.

The number then, is a tribute to the Navy—the officers and ratings of the Dominion's permanent service, the Royal Canadian Navy, to the men who joined the Royal Canadian Naval Volunteer Reserve. In the same time, from our point of view, the men who joined the Royal Canadian Naval Reserve. In the same time, they were not only trained, but also trained to keep our ships in all respects ready for war.

It is a tribute to the men on the bridge, to the men at sea and behind the scenes, to the men who are the men who, whether as land-based designers or as naval ratings, are in the Navy.

Rubber That Won't Stretch

FOR YEARS before the war the world's population of Germany, Italy, Japan and Russia were subjected to two disciplines: the nation of convenience of supplies to the fullness of these nations would be ready for the new year of total war. They knew the reason.

On this occasion, in the history of total war, there are no people who cannot understand the others of the war or their destruction, who know's just realized that we are being invaded.

For instance, the matter of rubber. The Director of Supplies for the Department of Munitions and Supplies, A. H. Williams, has stated that there are no reserves of the Canadian

public who will do not grasp the fact that the rubber shortage is so serious that "our very ability to fight in almost war is jeopardized."

In the North Pacific, Japan has moved control of many more per cent of the world's rubber supply. In 1940 world production was 1,000,000 tons. The United States required 616,000 tons. Last year's consumption was 730,000 tons. Canadian consumption was in absolute proportion.

Last December when Japan struck under on hand in the U.S. totaled 900,000 tons of crude rubber. In mid-1941 were an estimated 815,000 tons. An additional 114,000 tons has been shipped since. Some of it has arrived. Some is not.

Production in North America (largest source of the rubber last, once supplying half the world's supply, during the past quarter century has slipped to small quantities. Costs lack of better, larger source, not to mention the competition, have caused impact to cost more than 10,000 tons.

Last year, production of synthetic rubber in the U.S. amounted to but 12,400 tons. Yet expansion projects are being established. But on both sides of the line production of fairly adequate supplies by the end of 1945 as reported by experts as being over-estimated.

When Mr. Williams stated that "every pound of rubber used for civilian purposes seems a pound less for the war effort," he stated a cold fact.

Attention, Inventors

ARISING from the rubber shortage there is a need for the large volume of a private problem. Entirely apart from pleasure driving thousands of privately owned cars constitute a major transportation system and to money a large amount of the economy from home to work, after one long distance. As these cars go off the road, street car and bus lines, men work stopped hours of work, cost possibly take care of the surface. Under present conditions, additional public transportation equipment is almost unobtainable. Release of these materials would mean thousands of materials needed for war purposes.

In effect we are faced with the colored stripping of our transportation system and inability to expand alternative systems. And, besides, lanes and shanks points cannot make up all the deficit.

It looks as though the solution would have to come from a scientific laboratory in the shape of something to take the place of petroleum wheels.



... "CANADA expects that every man will do his duty".

Across the centuries... over the seven seas... the message of Nelson's "Victory" has sounded the call to service. ¶ From office and shop, from farm and factory, from fishing fleet and mechanic's hench, Canada's sons have answered the call. ¶ All who help to launch Canada's fighting ships, salute the men of the Royal Canadian Navy as they achieve new glories in the tradition of the sea.

Westinghouse

CANADIAN WESTINGHOUSE COMPANY LIMITED ... HAMILTON CANADA





Wilder at work below decks in a ship at an East Coast dryyard. He is part of the "downsized" fleet large the Navy "in all respects ready for sale."

Above: Blacksmith dies 1944 impact - showed propeller, at her request
Below: Transferring bags of flour on the patty. The Navy used the boat

NAVY BASE

"See the offices, the shops . . . but see the men at work on the ships if you want to understand what keeps a fleet in being."

By THOMAS H. RADDALL

THE OLD city has been a rural home since early colonial times, but it has never been anything like this, not even in 1704 LE. Remember DeWolf was, old-timer? Remember the old houses that grew fast to be jolly like a husband, the teachers, the doctors, the armed youths and gentlemen that were always breaking down, but never quite broke up? Remember the "Battle of Lanes"?

Well, it was a good enough Canadian Navy to the job it had to do, and of course to the men who took it together with soldiers, made it go. But this is a different kind of war and time to have a very different Navy tomorrow. Canada on the high seas. That time our task was to watch the North Atlantic, that is, with our eyes on the West, they go to Ireland, and over Hitler his planes in light the battle with submarines. In the Western Atlantic against our job with for a Navy of small fast ships. That is light down our ship, they go on a hard work ship. And we are strong, more than, and there, and keep them

We have now been able to collect a number of animal tracks and other mammal's excreta in the tundra, in particular one small deer-type track. But in the mountains we've been able to build a fire, dropped the sticks. Much of that forest is now burned and

[illegible][illegible]

Manuscript accepted 22 March 1992



5. Great wave heads you should a danger, keep mind attention after every "pull in and" V

[illegible][illegible]

How Angus Macdonald, Minister of Defense for Rural Services

"First Lord"

By GRANT DEXTER

[illegible]

Action Stations

SOME DAYS before war was declared, a coded signal flashed from Canada's Royal Service Headquarters in the shape of a star. It was brief but the message it carried — "Ship warships and be in all respects ready for action" — sent Canada's Navy to action stations.

There has been a vast change in the fighting strength of the Service since that first signal was sent. There are destroyers formed the striking force. Now there are frigates and more frigates. Two of the United States among the most modern effort have already been launched.

There are 47 each class of the destroyers were the largest in Canada's Navy. Now with five auxiliary cruisers added to the fleet strength, Canadian sea forces are handling heavy-caliber weapons.

Canadian has following propels go to sea in follow. Minotaur's new form is large and fast in the Atlantic. There are submarines and submarine chasers, sturdy water torpedo boats and patrol ships. Canada's warships are the backbone of war in today's formidable fighting force.

The growth in the number of ships has been paralleled by the growth in personnel. Before the war there were less than 2,000 officers and ratings in the personnel here. Now there are more than 37,000 on active service and for the year ahead it is planned to increase fleet strength to 40,000.

There has rapidly expanded from known as the largest in the world and as the largest of submarines and the largest of enemy planes, the growth of human the destroyer tasks will be accomplished.

These pictures show some of the principal types of equipment used on ships of the Canadian Navy. Above Canadian destroyers, among the most modern in the world, are the modern machinery of the air — with depth charge throwers, submarine chasers, long-range and short-range guns.

"Smoking, this, sir!" The submarine detector device — reports of enemy activity — sends a flash but warning that a U-boat is nearby. But the sound and the light are submarine detector device.

Depth charge. The new design, used in the Atlantic when depth charges are all around them. When a sub is seen, depth charges are dropped in a pattern.



Reports of low flying enemy planes shot down by Canadian Navy's searchlights show work of multiple searchlights gun like this. One has been seen about 5 miles in rapid fire.



Now can operate anti-aircraft gun, in accurate long-range weapons from 150-pound shells. One has called captain others include light, heavy, medium, projectile loads, etc.



Depth charge looks like all down, but sends 300 pounds of explosives. When thrown, depth charge, it sends down a wave of fire.

Right: Quick-firing gun-gun aimed at destroyer. It is in the air and in the air.





CORVETTE

WE CANADIANS have made corvettes famous in the war. They have long training ships, excellent speed to escape submarines and are ideally suited for search and patrol work. Meanwhile, they are rougher in hull than almost in their area launch and have passed themselves as both gun platforms. Though not strong on armor, thanks to their lightning hulling and pitching qualities have been made an expense and comfortable to handle — in some respects more so than in destroyers. Consider the statistics to build 120 ton hulls since the start of war.

A corvette's crew numbers about sixty. The commanding officer is called "the Captain" — informally, the Old Man, or the Green. The first lieutenant is called in command is "the Number One" or "Johnny the One".

Forward can be seen the corvette's launch gun, at the stern some of the anti-aircraft armament. Under coverings and watches used should the multi-purpose ship engage in minesweeping.

Photo by David David Buchanan. 100-10-10



Below: Destroyer bridge. Bridge proper is at right. The captain (foreground) is bringing ship into port after a convoy run. After bridge is at left.



Convoy

SIX DAYS after the outbreak of war the first convoy left Canada for Britain. Since then Canada's Navy has escorted 4,000 ships carrying 50,000,000 tons of cargo and all the way through the Atlantic Battle Zone. There have been losses—lost ships—lost lives—but there have been victories, too. Victories obtained in "getting the ships through" and in the savings of money and man.

Scouts of wireless secrecy patrol the skies of Britain, but it is no secreted fact that the United Nations are now on the winning side in the Battle of the Atlantic, and that the Canadian Navy has been no mean factor in making this possible. Canadian fighting ships have escorted their masters at the midnight hours from the halcyon coasts of Canada's ports to a certainty across the Atlantic's deserts. Destroyers and corvettes work side by side, weaving their pattern of protection around the convoys, now every 100 miles to Britain at the rate of 1,000,000 tons a month.

There is a carefully guarded silence for secrecy reasons, with the R.C.A.F. and the R.A.F. working in close co-operation with the royal navies. Canada's secret ships are well known to British pilots, and equally well known to the men of the Allied command forces who have come under their protection. It was a Canadian force which engaged in a heavy night battle with packs of German submarines. They sank their submarines and lost all the ships, although ships were lost in the convoys before the battle was done. The result of the campaign in which the Canadian ships engaged drew high praise. Even so details of submarine attacks are withheld, because if the full story were told you would give the enemy an eye detail of success made little polished. Nevertheless there are hundreds of men today who are full of courage by Canadian standards.

Left: Scenes at sea by a Canadian destroyer. Navy men have dropped into a rubber cargo ship, (below) to load a wounded sailor in board, rescued in a Hell submarine attack.

Naval control station. Convoys pass under naval defense system. Radar and Army officers of "getting better" follow progress of enemy ships as well.



Macdonald's Magazine, March 15, 1943



A two-engine Stinson flying boat of the Royal Canadian Air Force looms probably over a merchant ship. Co-operating with the Navy, the Air Force provides aerial escort for convoys far out to sea.



Top: In a narrow, crowded lane the Atlantic Ocean, a long line of convoys stretches, bound for the United Kingdom.



Miniswaper: Over the stern comes heavy float which made out of swinging wire. Wire cuts water as it's hoisted to be exploded by electric line.



Miniswaper: Launching net loaded the "bogie" are ready for laying. Each mine is released independently, an automatic device catches them at depth required.



At the very end of the after bridge this officer has post ordered "blue wire and freedom" as his ship leaves port in patrol.

Coastal Defense

AROUND Canada's coast, the Royal Canadian Navy has caused to grow serious about. Defending some fields have been laid. Clear channels are constantly swept to free the way to shipping lanes. Every day, with the morning and night of ships on their local missions. For while the coast ships maintain their stations throughout the day and night, ready to challenge all intruders. These are the "eyes" of the defense system. In constant communication with the shore stations sending in reports of all ships which they have perceived to pass.

At the larger coastal communication vessels and boarding parties into every merchant ship seeking entrance. There is the task of ensuring that each ship is what they appear to be. That their papers are in order and that their crews come on board and are on account. But still the reconnaissance above is needed, on these points must be passed the ship is sent through the submarine "gate" which have the harbor mouth.

There are long hours of service in these difficult tasks which the Navy accepts as all in the day's work. There are hundreds to be run — for on Atlantic coast Canada's Navy has at the mouth of a harbor equally well on in thousands. There is need for expert knowledge to place a boarding party, the ship to be examined — and the membership is available and the board are accomplished. There is need for expert handling of the mines which the Navy "lays" as part of its defensive shield. But well-trained men in well-equipped ships do the job with equal efficiency. There is a major and minor in the duty "where" of reconnaissance and detection, too, in handling incoming gear in a well-organized way — but the minehunters will go out every day.

The men of the coastal operations may be that height with their eyes in the same direction "looking ships." But in the lower bridge that the job they are doing is one which again only the Navy can do. They are the eyes of the Navy.

Left: Torpedo crew. Commanded across right: they respond to all data. When at night given order, the other wing takes into target.



Returning to their base after long service in the water, these two destroyers find the Atlantic is hardly more. The mines are hoisted on the after gun of the leading destroyer. He is a "watch below" but remains at deck to enjoy a long-coming "bomber's holiday."

Below deck is a turret, engine room with a full watch for water. Deepened from bridge. His duty for the control will carry them out.



A sailor on the automatic supply line passes up a cigarette charge from below deck to waiting gun crew. Every man has a vital job to perform.





Here deck is the sailor's home of rest, where he eats, sleeps, relaxes. In danger zone he "hoes in all standing" remains into battle.



A messmate's workroom. Engineers, carpenters, sailmakers and first lieutenant often in such jam-packed by-lanes do much ship's work.



Here headroom is for a raft, because this point from his sties. The point is a fix board. How point preserves the ship, sometimes ship.



Nobody loses in the Mess. Because like to lose. Stridly supervised "groups fight," are permitted, but there's no decision. Both men win.



The mess's shared. One sailor has a fish. Others keep "punks" in the mess.

A Ship Is The Sailor's Home at Sea

A SHIP at sea is a self-contained unit. In her the crew fight, work, relax, eat and sleep, develop a strong comradeship. The mess deck is home. Here the men spend their "work hours" hours — but they are always ready for spontaneous call for a moment in wartime to serve off duty.

Ship's routine usually divides the crew into three watches: first, white and third, generally the day watch and two watches below. The first watch is divided into the middle of the ship with all hands on duty. In danger zones "Antine Germany" papers are always on duty at the immediately defined hours of dawn and dusk.

Ship's time is also divided into watches. Mid night to four a.m. is the Middle Watch, four to

six, Morning Watch, eight to noon. Forenoon Watch, noon to four p.m. Afternoon Watch, four to six. First Day six to eight last Day eight to midnight First Watch. The short Day Watch provides for an observation of day hours so that, for example, a woman working the Middle Watch would not have to stand the same watch the next night.

Mess is served of eight a.m. noon, and six p.m. — breakfast dinner and supper. The mess is done in two to each meal at 1000 in three-fourths, and noon for men for the change of watch. Men going on watch set up the table and draw the food from the galley and men coming off watch clean up. Each man appears in "mess" in galley. The men who do the serving and cleaning and the ship is washed.



Helpful Hints to Save Time and Money

and Protect Your GENERAL ELECTRIC APPLIANCES



You can't see the careful
use of your electrical ap-
pliances these days, but
they're really saving you
money. And you can
keep them in better shape
with a little care.



A little attention will
keep your G.E. Maytag
washer looking like new
and working efficiently.
Wipe up spills inside
after each use. Keep the
drum clean and dry.



Keep the key of your
G.E. electric refrigerator
in a safe place. It's the
only key you'll ever need
to open the door.



General Electric appliances are
designed and built to last. But
with a little care, they'll last
even longer. Wipe up spills
inside after each use. Keep
the burners clean and dry.

MADE IN CANADA

CANADIAN GENERAL ELECTRIC CO.
LIMITED

Continued from page 38
teller. "Oh, well, I suppose I must
do with these boys."

HE BLAND the left, and Franz
appeared. "Go, Franz."

Franz. "I have got to talk to you
very seriously. Don't stand over
there by the door all ready to bolt
at any moment. Stand over here."

Franz walked up to the desk with
his usual perfect composure, and
with no sign of the light hearted
boy beyond his manner.

"I hope not, that I have not in my
eyes failed to you understand."

"You are a very good man, and
I'd like to see you. What do you
get up to now? Tell me."

"Don't stand there saying 'no' as
if it were a life. A talking point, you
know, I said. You look out of it."

"You are in order to let the League's
office, and let this one in its place."

"You are in order to let the League's
office, and let this one in its place."

"You are in order to let the League's
office, and let this one in its place."

"You are in order to let the League's
office, and let this one in its place."

"You are in order to let the League's
office, and let this one in its place."

"You are in order to let the League's
office, and let this one in its place."

"You are in order to let the League's
office, and let this one in its place."

"You are in order to let the League's
office, and let this one in its place."

"You are in order to let the League's
office, and let this one in its place."

"You are in order to let the League's
office, and let this one in its place."

mean that you are followed whenever
you go by the orders of Her
Grace."

"I am not altogether surprised."

"There are two men outside the
house now, waiting to see you
should go out again tomorrow."

"You know how long this has
been going on?"

"I could not say, generally, but it
is not exactly here, you see, in the
fact, it is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."

"You know, Franz, the whole
thing is not here, it is not here."



The name HUNTLEY & PALMER stands for unswerving quality in BISCUITS

Biscuits are
the most important
part of your
diet.

REALLY DELICIOUS & CO. LTD.
307, 309, 311, 313, 315, 317, 319, 321, 323, 325, 327, 329, 331, 333, 335, 337, 339, 341, 343, 345, 347, 349, 351, 353, 355, 357, 359, 361, 363, 365, 367, 369, 371, 373, 375, 377, 379, 381, 383, 385, 387, 389, 391, 393, 395, 397, 399, 401, 403, 405, 407, 409, 411, 413, 415, 417, 419, 421, 423, 425, 427, 429, 431, 433, 435, 437, 439, 441, 443, 445, 447, 449, 451, 453, 455, 457, 459, 461, 463, 465, 467, 469, 471, 473, 475, 477, 479, 481, 483, 485, 487, 489, 491, 493, 495, 497, 499, 501, 503, 505, 507, 509, 511, 513, 515, 517, 519, 521, 523, 525, 527, 529, 531, 533, 535, 537, 539, 541, 543, 545, 547, 549, 551, 553, 555, 557, 559, 561, 563, 565, 567, 569, 571, 573, 575, 577, 579, 581, 583, 585, 587, 589, 591, 593, 595, 597, 599, 601, 603, 605, 607, 609, 611, 613, 615, 617, 619, 621, 623, 625, 627, 629, 631, 633, 635, 637, 639, 641, 643, 645, 647, 649, 651, 653, 655, 657, 659, 661, 663, 665, 667, 669, 671, 673, 675, 677, 679, 681, 683, 685, 687, 689, 691, 693, 695, 697, 699, 701, 703, 705, 707, 709, 711, 713, 715, 717, 719, 721, 723, 725, 727, 729, 731, 733, 735, 737, 739, 741, 743, 745, 747, 749, 751, 753, 755, 757, 759, 761, 763, 765, 767, 769, 771, 773, 775, 777, 779, 781, 783, 785, 787, 789, 791, 793, 795, 797, 799, 801, 803, 805, 807, 809, 811, 813, 815, 817, 819, 821, 823, 825, 827, 829, 831, 833, 835, 837, 839, 841, 843, 845, 847, 849, 851, 853, 855, 857, 859, 861, 863, 865, 867, 869, 871, 873, 875, 877, 879, 881, 883, 885, 887, 889, 891, 893, 895, 897, 899, 901, 903, 905, 907, 909, 911, 913, 915, 917, 919, 921, 923, 925, 927, 929, 931, 933, 935, 937, 939, 941, 943, 945, 947, 949, 951, 953, 955, 957, 959, 961, 963, 965, 967, 969, 971, 973, 975, 977, 979, 981, 983, 985, 987, 989, 991, 993, 995, 997, 999, 1001, 1003, 1005, 1007, 1009, 1011, 1013, 1015, 1017, 1019, 1021, 1023, 1025, 1027, 1029, 1031, 1033, 1035, 1037, 1039, 1041, 1043, 1045, 1047, 1049, 1051, 1053, 1055, 1057, 1059, 1061, 1063, 1065, 1067, 1069, 1071, 1073, 1075, 1077, 1079, 1081, 1083, 1085, 1087, 1089, 1091, 1093, 1095, 1097, 1099, 1101, 1103, 1105, 1107, 1109, 1111, 1113, 1115, 1117, 1119, 1121, 1123, 1125, 1127, 1129, 1131, 1133, 1135, 1137, 1139, 1141, 1143, 1145, 1147, 1149, 1151, 1153, 1155, 1157, 1159, 1161, 1163, 1165, 1167, 1169, 1171, 1173, 1175, 1177, 1179, 1181, 1183, 1185, 1187, 1189, 1191, 1193, 1195, 1197, 1199, 1201, 1203, 1205, 1207, 1209, 1211, 1213, 1215, 1217, 1219, 1221, 1223, 1225, 1227, 1229, 1231, 1233, 1235, 1237, 1239, 1241, 1243, 1245, 1247, 1249, 1251, 1253, 1255, 1257, 1259, 1261, 1263, 1265, 1267, 1269, 1271, 1273, 1275, 1277, 1279, 1281, 1283, 1285, 1287, 1289, 1291, 1293, 1295, 1297, 1299, 1301, 1303, 1305, 1307, 1309, 1311, 1313, 1315, 1317, 1319, 1321, 1323, 1325, 1327, 1329, 1331, 1333, 1335, 1337, 1339, 1341, 1343, 1345, 1347, 1349, 1351, 1353, 1355, 1357, 1359, 1361, 1363, 1365, 1367, 1369, 1371, 1373, 1375, 1377, 1379, 1381, 1383, 1385, 1387, 1389, 1391, 1393, 1395, 1397, 1399, 1401, 1403, 1405, 1407, 1409, 1411, 1413, 1415, 1417, 1419, 1421, 1423, 1425, 1427, 1429, 1431, 1433, 1435, 1437, 1439, 1441, 1443, 1445, 1447, 1449, 1451, 1453, 1455, 1457, 1459, 1461, 1463, 1465, 1467, 1469, 1471, 1473, 1475, 1477, 1479, 1481, 1483, 1485, 1487, 1489, 1491, 1493, 1495, 1497, 1499, 1501, 1503, 1505, 1507, 1509, 1511, 1513, 1515, 1517, 1519, 1521, 1523, 1525, 1527, 1529, 1531, 1533, 1535, 1537, 1539, 1541, 1543, 1545, 1547, 1549, 1551, 1553, 1555, 1557, 1559, 1561, 1563, 1565, 1567, 1569, 1571, 1573, 1575, 1577, 1579, 1581, 1583, 1585, 1587, 1589, 1591, 1593, 1595, 1597, 1599, 1601, 1603, 1605, 1607, 1609, 1611, 1613, 1615, 1617, 1619, 1621, 1623, 1625, 1627, 1629, 1631, 1633, 1635, 1637, 1639, 1641, 1643, 1645, 1647, 1649, 1651, 1653, 1655, 1657, 1659, 1661, 1663, 1665, 1667, 1669, 1671, 1673, 1675, 1677, 1679, 1681, 1683, 1685, 1687, 1689, 1691, 1693, 1695, 1697, 1699, 1701, 1703, 1705, 1707, 1709, 1711, 1713, 1715, 1717, 1719, 1721, 1723, 1725, 1727, 1729, 1731, 1733, 1735, 1737, 1739, 1741, 1743, 1745, 1747, 1749, 1751, 1753, 1755, 1757, 1759, 1761, 1763, 1765, 1767, 1769, 1771, 1773, 1775, 1777, 1779, 1781, 1783, 1785, 1787, 1789, 1791, 1793, 1795, 1797, 1799, 1801, 1803, 1805, 1807, 1809, 1811, 1813, 1815, 1817, 1819, 1821, 1823, 1825, 1827, 1829, 1831, 1833, 1835, 1837, 1839, 1841, 1843, 1845, 1847, 1849, 1851, 1853, 1855, 1857, 1859, 1861, 1863, 1865, 1867, 1869, 1871, 1873, 1875, 1877, 1879, 1881, 1883, 1885, 1887, 1889, 1891, 1893, 1895, 1897, 1899, 1901, 1903, 1905, 1907, 1909, 1911, 1913, 1915, 1917, 1919, 1921, 1923, 1925, 1927, 1929, 1931, 1933, 1935, 1937, 1939, 1941, 1943, 1945, 1947, 1949, 1951, 1953, 1955, 1957, 1959, 1961, 1963, 1965, 1967, 1969, 1971, 1973, 1975, 1977, 1979, 1981, 1983, 1985, 1987, 1989, 1991, 1993, 1995, 1997, 1999, 2001, 2003, 2005, 2007, 2009, 2011, 2013, 2015, 2017, 2019, 2021, 2023, 2025, 2027, 2029, 2031, 2033, 2035, 2037, 2039, 2041, 2043, 2045, 2047, 2049, 2051, 2053, 2055, 2057, 2059, 2061, 2063, 2065, 2067, 2069, 2071, 2073, 2075, 2077, 2079, 2081, 2083, 2085, 2087, 2089, 2091, 2093, 2095, 2097, 2099, 2101, 2103, 2105, 2107, 2109, 2111, 2113, 2115, 2117, 2119, 2121, 2123, 2125, 2127, 2129, 2131, 2133, 2135, 2137, 2139, 2141, 2143, 2145, 2147, 2149, 2151, 2153, 2155, 2157, 2159, 2161, 2163, 2165, 2167, 2169, 2171, 2173, 2175, 2177, 2179, 2181, 2183, 2185, 2187, 2189, 2191, 2193, 2195, 2197, 2199, 2201, 2203, 2205, 2207, 2209, 2211, 2213, 2215, 2217, 2219, 2221, 2223, 2225, 2227, 2229, 2231, 2233, 2235, 2237, 2239, 2241, 2243, 2245, 2247, 2249, 2251, 2253, 2255, 2257, 2259, 2261, 2263, 2265, 2267, 2269, 2271, 2273, 2275, 2277, 2279, 2281, 2283, 2285, 2287, 2289, 2291, 2293, 2295, 2297, 2299, 2301, 2303, 2305, 2307, 2309, 2311, 2313, 2315, 2317, 2319, 2321, 2323, 2325, 2327, 2329, 2331, 2333, 2335, 2337, 2339, 2341, 2343, 2345, 2347, 2349, 2351, 2353, 2355, 2357, 2359, 2361, 2363, 2365, 2367, 2369, 2371, 2373, 2375, 2377, 2379, 2381, 2383, 2385, 2387, 2389, 2391, 2393, 2395, 2397, 2399, 2401, 2403, 2405, 2407, 2409, 2411, 2413, 2415, 2417, 2419, 2421, 2423, 2425, 2427, 2429, 2431, 2433, 2435, 2437, 2439, 2441, 2443, 2445, 2447, 2449, 2451, 2453, 2455, 2457, 2459, 2461, 2463, 2465, 2467, 2469, 2471, 2473, 2475, 2477, 2479, 2481, 2483, 2485, 2487, 2489, 2491, 2493, 2495, 2497, 2499, 2501, 2503, 2505, 2507, 2509, 2511, 2513, 2515, 2517, 2519, 2521, 2523, 2525, 2527, 2529, 2531, 2533, 2535, 2537, 2539, 2541, 2543, 2545, 2547, 2549, 2551, 2553, 2555, 2557, 2559, 2561, 2563, 2565, 2567, 2569, 2571, 2573, 2575, 2577, 2579, 2581, 2583, 2585, 2587, 2589, 2591, 2593, 2595, 2597, 2599, 2601, 2603, 2605, 2607, 2609, 2611, 2613, 2615, 2617, 2619, 2621, 2623, 2625, 2627, 2629, 2631, 2633, 2635, 2637, 2639, 2641, 2643, 2645, 2647, 2649, 2651, 2653, 2655, 2657, 2659, 2661, 2663, 2665, 2667, 2669, 2671, 2673, 2675, 2677, 2679, 2681, 2683, 2685, 2687, 2689, 2691, 2693, 2695, 2697, 2699, 2701, 2703, 2705, 2707, 2709, 2711, 2713, 2715, 2717, 2719, 2721, 2723, 2725, 2727, 2729, 2731, 2733, 2735, 2737, 2739, 2741, 2743, 2745, 2747, 2749, 2751, 2753, 2755, 2757, 2759, 2761, 2763, 2765, 2767, 2769, 2771, 2773, 2775, 2777, 2779, 2781, 2783, 2785, 2787, 2789, 2791, 2793, 2795, 2797, 2799, 2801, 2803, 2805, 2807, 2809, 2811, 2813, 2815, 2817, 2819, 2821, 2823, 2825, 2827, 2829, 2831, 2833, 2835, 2837, 2839, 2841, 2843, 2845, 2847, 2849, 2851, 2853, 2855, 2857, 2859, 2861, 2863, 2865, 2867, 2869, 2871, 2873, 2875, 2877, 2879, 2881, 2883, 2885, 2887, 2889, 2891, 2893, 2895, 2897, 2899, 2901, 2903, 2905, 2907, 2909, 2911, 2913, 2915, 2917, 2919, 2921, 2923, 2925, 2927, 2929, 2931, 2933, 2935, 2937, 2939, 2941, 2943, 2945, 2947, 2949, 2951, 2953, 2955, 2957, 2959, 2961, 2963, 2965, 2967, 2969, 2971, 2973, 2975, 2977, 2979, 2981, 2983, 2985, 2987, 2989, 2991, 2993, 2995, 2997, 2999, 3001, 3003, 3005, 3007, 3009, 3011, 3013, 3015, 3017, 3019, 3021, 3023, 3025, 3027, 3029, 3031, 3033, 3035, 3037, 3039, 3041, 3043, 3045, 3047, 3049, 3051, 3053, 3055, 3057, 3059, 3061, 3063, 3065, 3067, 3069, 3071, 3073, 3075, 3077, 3079, 3081, 3083, 3085, 3087, 3089, 3091, 3093, 3095, 3097, 3099, 3101, 3103, 3105, 3107, 3109, 3111, 3113, 3115, 3117, 3119, 3121, 3123, 3125, 3127, 3129, 3131, 3133, 3135, 3137, 3139, 3141, 3143, 3145, 3147, 3149, 3151, 3153, 3155, 3157, 3159, 3161, 3163, 3165, 3167, 3169, 3171, 3173, 3175, 3177, 3179, 3181, 3183, 3185, 3187, 3189, 3191, 3193, 3195, 3197, 3199, 3201, 3203, 3205, 3207, 3209, 3211, 3213, 3215, 3217, 3219, 3221, 3223, 3225, 3227, 3229, 3231, 3233, 3235, 3237, 3239, 3241, 3243, 3245, 3247, 3249, 3251, 3253, 3255, 3257, 3259, 3261, 3263, 3265, 3267, 3269, 3271, 3273, 3275, 3277, 3279, 3281, 3283, 3285, 3287, 3289, 3291, 3293, 3295, 3297, 3299, 3301, 3303, 3305, 3307, 3309, 3311, 3313, 3315, 3317, 3319, 3321, 3323, 3325, 3327, 3329, 3331, 3333, 3335, 3337, 3339, 3341, 3343, 3345, 3347, 3349, 3351, 3353, 3355, 3357, 3359, 3361, 3363, 3365, 3367, 3369, 3371, 3373, 3375, 3377, 3379, 3381, 3383, 3385, 3387, 3389, 3391, 3393, 3395, 3397, 3399, 3401, 3403, 3405, 3407, 3409, 3411, 3413, 3415, 3417, 3419, 3421, 3423, 3425, 3427, 3429, 3431, 3433, 3435, 3437, 3439, 3441, 3443, 3445, 3447, 3449, 3451, 3453, 3455, 3457, 3459, 3461, 3463, 3465, 3467, 3469, 3471, 3473, 3475, 3477, 3479, 3481, 3483, 3485, 3487, 3489, 3491, 3493, 3495, 3497, 3499, 3501, 3503, 3505, 3507, 3509, 3511, 3513, 3515, 3517, 3519, 3521, 3523, 3525, 3527, 3529, 3531, 3533, 3535, 3537, 3539, 3541, 3543, 3545, 3547, 3549, 3551, 3553, 3555, 3557, 3559, 3561, 3563, 3565, 3567, 3569, 3571, 3573, 3575, 3577, 3579, 3581, 3583, 3585, 3587, 3589, 3591, 3593, 3595, 3597, 3599, 3601,




Serve
LAMB
this Easter

A leg of lamb is Martha Logan's suggestion for Easter 1942. Without infringing on supplies for the Motherland, it supplies in appetizing form the valuable food qualities we need.

For health is vital to victory, and meat is an outstandingly healthful food. It is a good source not only of high quality proteins and minerals, but also of the valuable B vitamins.

THE NATURAL B VITAMINS IN MEAT

In Milligrams	PORK	BEEF	LAMB	VEAL	LIVER
B₁ THIAMINE	1.60	.22	.33	.31	.38
B₂ RIBOFLAVIN	.34	.29	.39	.41	3.34

The content in the above table is per quarter pound edible portion before cooking. Like other foods, the vitamin content of meat is affected by cooking to an extent dependent on the method of cooking.

Diet Vital to British Babies, Too

And when we think of our dietary needs, don't let us forget that the kiddies in Britain need milk. Every dime you send to the Kinsmen Milk Fund puts a quart of whole milk into the hands of a hungry baby. Full particulars from your local Kinsman Club or the Kinsmen Clubs War Services, 26 Wellington Street East, Toronto.



More than enough white meat to go 'round, when you serve family or friends a plump, juicy Swift's Premium Chicken! Try now: chicken and apples fixed this special Martha Logan way—core and boil until tender (about 30 minutes) in a syrup made with red cinnamon candies; fill with chopped dates and walnuts; serve piping hot.



The Swift name on beef means exceptionally fine texture and flavour. Oil and season steak 1½ inches thick. Broil on preheated broiler, one inch from flame, turning once (15 minutes for rare, 20 for medium). With it serve luscious potatoes, thick onion slices buttered and baked, but asparagus tips.



Fresher, juicier, finer veal! To get it, ask for Swift's Premium Veal. It's delicious! Ask your dealer to prepare a cushion roast and serve it with Red Rice. Drain parboiled rice and cook for 5 min. in tomato juice seasoned with paprika and butter. Stuff roast with pork and cook remainder until tender in double boiler.

MARTHA LOGAN'S Lamb Stew

"Your Easter leg o' lamb," says Martha Logan, "will look gay and festive with sprigs of mint and lima beans in cucumber boats. And here's an economical way to use it up in a hearty lamb stew. Cut remaining meat into cubes. Brown in hot dry pan. Add can of tomatoes, one inch pieces of celery, small carrots, salt, pepper, bay leaf and cloves. Simmer one hour. Add partially cooked onions and slices of green pepper. Cook 20 minutes more. Save bone for salvage, after stewing for stock."



MARTHA LOGAN
Swift's famed
beef economical

SWIFT CANADIAN CO., LIMITED

Say **SWIFT'S PREMIUM**...for the finest meats!